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Prodigy at home in Waterloo

Jacob Barnett, 15, who was diagnosed with autism as a toddler, now studies at prestigious institute PAGE 15

CHRISTIANS MASSACRED IN PAKISTAN

SUICIDE BOMBERS TARGET SUNDAY CHURCH SERVICE PAGE 8

BREAKING GOOD

Anna Gunn accepts the award for outstanding supporting actress in a drama series for her role on Breaking Bad at the 65th Primetime Emmy Awards at Nokia Theatre on Sunday in Los Angeles. For more coverage, see page 20 or visit metronews.ca. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Khadr to appear in public for first time since capture

'I don't want him hidden away.' Khadr's last court appearance was in 2010 when he pleaded guilty to five war crimes

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

A spokeswoman for Correctional Service Canada confirmed an order had been made for Khadr to appear in court.

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

In exchange for his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum security facility.

The legal arguments underpinning the application and government's response are technical and based on provisions of the International Transfer of Offenders Act.

Essentially, they boil down to whether his eight-year term should be construed as a single youth sentence for all five offences, as his lawyers argue. That would mean he should be serving his time in a provincial facility rather than a federal penitentiary.

For its part, the government argues Khadr received five separate but concurrent sentences of eight years each.

That would mean his sentence for murder in violation of the laws of war would be considered as a youth sentence in Canada, but the punishment for the other four crimes, including attempted murder and spying, would be considered as adult sentences.

"The International Transfer of Offenders Act makes no provisions for the sentence to be treated partially as a youth sentence and as an adult sentence," Edney said.

THE CANADIAN PRESS

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1 NEWS

Derogatory phrase

Coke makes donations after 'you retard' cap

Soft-drink giant Coca-Cola is making donations to two major Canadian charities after an Edmonton woman found a cap stamped with a derogatory English phrase.

Blake Loates was at an Edmonton eatery last week when she ordered a bottle of Coca-Cola vitamin water. She was shocked to find the words "YOU RETARD" stamped on the underside of the lid.

The words were included as part of a promotion that put together French and English words for a funny phrase.

Coke announced they will be making two $50,000 donations: one to Easter Seals Canada and the other to United Way Canada.

METRO

Are they ready?

Metro to test candidates on their promises

Starting today, Metro is accepting your submissions for campaign claims that seem a little off-base.

Have you read something on a brochure? Heard something or seen an advertisement that seems a little less than accurate?

We want to hear from you about these fibs, fabrications or exaggerations and we will put them to the test.

Send us an email at edmonton@metronews.ca, or contact us on Twitter at @metroedmonton or on Facebook.

METRO

Candidates will file their nomination papers at Edmonton City Hall on Monday. RYAN TUMILTY/METRO

And they're off!

Nomination day. Election season officially begins as candidates file papers to get on the ballot

RYAN TUMILTY
ryan.tumilty@metronews.ca

While forums have already been held and lawn signs have been firmly planted, election season will hit full swing Monday as candidates can officially register to run.

City hall will be open to candidates for three hours Monday morning for nominations, with dozens of candidates expected to turn out to get their names on the ballot.

Retiring Coun. Kim Krushell said she hopes Edmontonians get involved in the election.

"Civic politics is where it matters," she said. "It is the day-to-day stuff. We're making sure you have police. We're making sure you have fire and we are making sure roads are getting fixed. People I think really do need to become engaged in this election."

She said with her retirement and two other councillors and the mayor also stepping down, plus the three councillors running for mayor, a big change is coming this fall.

With that in mind, Krushell recommends residents look at the experience candidates are bringing to the table.

"The challenge going forward is that those people who are retiring have certain skill sets we are losing from council," she said.

Jim Lightbody, a political science professor at the University of Alberta, said most council contenders will be easy to connect with and residents should take the opportunity.

"You should inform yourself and it is really easy to find out where people stand," he said. "These are lonely people, they need attention."

He said candidates have to remember that for the next four weeks the electorate is going to be looking them over and they should give voters every chance possible.

"Remember that you are making a sale and it is the sale of yourself."

Ready to vote?

- Election day is Oct. 21 and eligible Edmonton residents will be able to vote for a mayor, a councillor in their ward and a school board trustee.

AIDS Walk. Annual fundraiser a reminder the fight is not won yet

As participants flooded Churchill Square for the Scotiabank AIDS Walk Sunday, at least one walker wasn't supposed to be there.

Eighteen years after being diagnosed with HIV, doctors never would have thought Marlo Cottrell would be standing in front of a crowd Sunday.

But they were wrong.

"It wasn't that long ago that I almost died of this disease and it's still a real issue," said Cottrell.

Cottrell said the optimism she feels about her diagnosis shouldn't lead to complacency in the community.

"There is no cure yet and these medications don't work for everyone, and that's why it's so important to keep the awareness out there," she said.

Laura Keegan, with HIV Edmonton, said as medical advancements have been moving forward, they are seeing people forget about the seriousness of the disease.

Musician Bryan Finlay entertains the crowd during the Edmonton AIDS Walk. RYAN TUMILTY/METRO

"Sometimes people think if it's just a pill perhaps it's not that bad. So, we sometimes see non-compliance to the safer-sex options," she said.

She said the annual walk is a chance not only to raise money — in this case, $125,000 for HIV Edmonton programs — but also to keep the disease in the public's mind.

RYAN TUMILTY/METRO

Refineries flared stacks. Air quality advisory lifted, but fluctuations possible

An air quality advisory issued for Edmonton Saturday was lifted Sunday.

A temporary power outage in the area led to several refineries having to flare stacks from their sites Saturday morning. The flaring caused thick black smoke that was visible across the city.

Alberta Health Services issued the advisory as a precaution, encouraging people with pre-existing health conditions to limit their activities.

AHS warned air quality could fluctuate over the next few days, depending on weather conditions. The information is available at environment.alberta.ca or through the toll-free information line 1-877-247-7333.

Anyone with health concerns can also contact Health Link Alberta to speak to a registered nurse 24 hours a day, seven days a week, toll-free at 1-866-408-LINK (5465).

METRO

Angele Karosi, creator of the Dead Vinyl Society, hopes a Sunday record swap at a Whyte Avenue pub will help organize Edmonton's album-loving community.
LUCY HAINES/FOR METRO

Dead Vinyl Society keeps albums alive

The lure of the hiss and pop. Vinyl aficionados indulge in some nostalgia with a rooftop record swap

LUCY HAINES
edmonton@metronews.ca

A new generation of vinyl lovers came out to a Whyte Avenue pub Sunday hoping to keep the beat turning.

While liner notes, listening parties and album art might have slid away, there are vinyl aficionados of all ages — collectors, nostalgia-buffs and those who just love the experience of putting stylus to record — skips, hisses, pops and all.

"Listening to vinyl is a social happening. It's a slow-down that you don't get with CDs or MP3s," said arts management student Angele Karosi, creator of what she hopes will be a new movement, the Dead Vinyl Society. "I love my Patti Smith albums — she's the Godmother of Punk."

This fad has legs

19%

Nielsen statistics say that LP album sales were up 19 per cent in 2012 over 2011, reaching more than 4.5 million units sold. These numbers have been climbing for five years running.

Stirring interest on Facebook, the Dead Vinyl Society held an album-swap event Sunday atop a Whyte Avenue pub. Record enthusiast Yuri Wuensch brought several crates of albums of all genres, hoping to sell them for about a buck each.

"I get albums everywhere — the Goodwill, Salvation Army, garage sales, online," said Wuensch.

"There's just something real about it — it's tactile and physical — your records are personal; they're yours," added Jason Sather, who said he has some 30,000 albums filling a 1,000-square-foot basement space.

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Mayor Stephen Mandel is seen in his office during an interview with Metro last week. Mandel said the reliance big cities have on property taxes is hurting their growth. METRO

Mandel says city needs better funding options

Property taxes. Current system unfair, especially for seniors and those on fixed incomes, says outgoing mayor

RYAN TUMILTY
ryan.tumilty@metronews.ca

Mayor Stephen Mandel said his successor is going to have to find a new way to fund Edmonton, because property taxes simply don't align against the needs of a growing city.

"We need to find revenue that grow and shrink with the economy so we can deal with the realities of growth," he said in a wide-ranging interview with Metro last week.

Mandel said property taxes rise whether a person is making more money or not, which makes them very difficult for seniors and people living on fixed incomes.

Mandel added that he would like a different type of taxation altogether for cities, but other levels of government just aren't open to the change.

"It is not getting through, but people pay lip service to it," he said.

"I don't know where we are going with the current provincial government."

Mandel said Edmonton will need help if it's going to expand the LRT system or do any other major projects in the city.

He said while there has been a debate about debt in the last few weeks, it's missing important context.

"This has gotten a bit more ridiculous than it should be," he said.

Mandel said he believes the city's debt is at a workable level, but outside of that it has also been used for things people want.

"You have to make the choices," he said. "You don't want the recreation centre, you don't want the libraries then you don't have to (take on debt)."

Quoted

"We need to get other sources of revenue to be able to deal with the realities that we have."

Mayor Stephen Mandel

Downtown

Mandel sure arena deal right call

Mayor Stephen Mandel isn't waiting for history to be his judge on whether Edmonton's downtown arena deal was right for the city.

"There is no doubt in my mind that what we have done is exactly what needed to be done," he told Metro last week.

"I think our downtown is going to be something that is very special," he said.

While he's been assured a guaranteed-price contract will come in on budget, he said it will be in the hands of the next council.

RYAN TUMILTY/METRO

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Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya on Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Canada offers support to Kenya

Mall attack. Baird speaks to counterpart after Canadian diplomat, businessman killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist attack that killed at least 68 people, including two Canadians.

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunman opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Media reports and Facebook users identified Vancouver businessman Naguib Damji as the other Canadian victim.

Foreign Affairs in Ottawa also announced Sunday night that as a security precaution Canada's High Commission in Nairobi would be closed to the general public on Monday.

However, spokesman Rick Roth said staff would continue to provide emergency support to those who need assistance.

The attack that began Saturday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted an operation to end the siege.

Somalia's radical Islamist rebel group, al-Shabab, claimed responsibility for the attack as retribution for the presence of Kenyan troops in Somalia.

THE CANADIAN PRESS

Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."

Foreign Affairs Minister John Baird

Recent attacks

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.
- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.

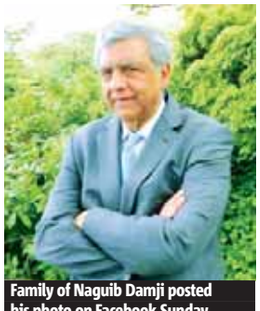
Rescue mission. 'Most' of remaining hostages saved: Kenyan officials

Kenyan's military said late Sunday it had rescued "most" of the remaining hostages held by al-Qaida-linked militants in an upscale Nairobi mall after launching a major operation to end a two-day standoff that had already killed 68 people.

The assault, which began shortly before sundown, came as two helicopters circled the mall, with one skimming very close to the roof.

Kenyan police said on Twitter that a "MAJOR" assault to end the bloody siege had started.

THE ASSOCIATED PRESS



Family of Naguib Damji posted his photo on Facebook Sunday, identifying him as the second of two Canadians killed in Kenya. FACEBOOK

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Court battle. Public to see Omar Khadr for first time since capture 11 years ago

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

For his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Jeffrey Delisle

Military mad that it could not quietly court-martial spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the scandal.

The rules for courts martial give the military wide latitude on what evidence is kept secret. Through the court process, the public learned of lapses in security clearance and that top-secret defence computers were not as secure as the military believed. THE CANADIAN PRESS

Dozens slain in attack after church service

A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pockmarked with holes. Blood stained the floor and the walls.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene. THE ASSOCIATED PRESS

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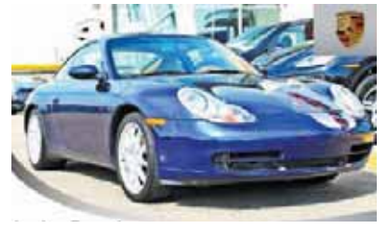

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Pope Francis condemns idolatry of money

Reaching out to the poor. Pontiff's visit to Sardinia is only his second to an Italian city outside Rome

Pope Francis denounced what he called big business's idolatry of money over man as he travelled Sunday to one of Italy's poorest regions to offer hope to the unemployed and struggling entrepreneurs.

Francis left aside his prepared remarks and spoke off the cuff to thousands of people in Sardinia's capital, telling them he knew well what it was like to suffer from financial crisis.

He recalled that his Italian parents, who immigrated to Argentina before he was born, spoke about it often at home. "My young father went to Argentina full of illusions of making it in America," Francis told the crowd. "And he suffered the terrible crisis of the 1930s. They lost everything. There was no work."

Amid shouts of "Lavoro! (Work) Lavoro!", Francis called for dignified work for all. "Where there is no work, there's no dignity," he said.

Sardinia, known for its pristine beaches and swank vacation homes, has been particularly hard-hit by Italy's economic crisis, with factories closing and many of the island's families forced to seek charity. The island's desperation made headlines last year when a coal miner, protesting the planned closure of the mine, slashed his wrists on television. THE ASSOCIATED PRESS

Pope Francis wears a coal miner's helmet on a trip to Sardinia, Sunday, as he travelled to one of Italy's poorest regions to offer hope to the unemployed and entrepreneurs struggling to hang on. THE ASSOCIATED PRESS

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China

Leading politician Bo Xilai sent to prison for life

A court sentenced Bo Xilai to life in prison for corruption Sunday, burying the career of one of China's most up-and-coming politicians and lowering the curtain on a scandal that exposed a murder and illicit enrichment among the elite.

He was convicted of bribery, embezzlement and abuse of power Sunday in a case set in motion by his wife's poisoning of a British business associate in late 2011. It also was widely regarded as a political prosecution and a sign that top leaders had turned against the charismatic populist.

Bo had been seen as a contender in the transition for China's top leadership panel, the Politburo Standing Committee, but he also had unnerved many colleagues in the leadership with self-promotion seen as running counter to their brand of consensus rule.

The court deprived Bo of political rights for life and confiscated all his personal assets. THE ASSOCIATED PRESS

Rihanna, queen of jungle?

Pop star Rihanna, seen performing on Sunday in Singapore, took a weekend break from her Diamonds World Tour to spend time at the beach on Thailand's island of Phuket. An Instagram photo she tweeted that showed her in sunglasses snuggling up to a furry primate called the slow loris, a squirrel-like animal that is listed as a protected species, led police to confiscate two lorises and arrest a 20-year-old man and a 16-year-old boy. JOSEPH NAIR/THE ASSOCIATED PRESS

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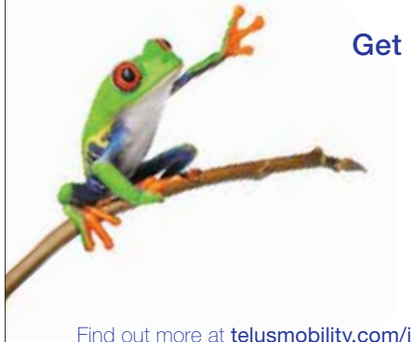

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Woman fights to reclaim home declared embassy

'Freemen-on-the-Land.' Growing movement of so-called sovereign citizens is raising concerns with authorities

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli, had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

'Domestic terror'

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- The FBI considers the movement a domestic terror threat in the U.S.

"He walks me to the door and he's yelling at me, 'I'm a Freemen-on-the-Land,'" Caverhill says. "I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights,' so then he slams the door." THE CANADIAN PRESS

Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

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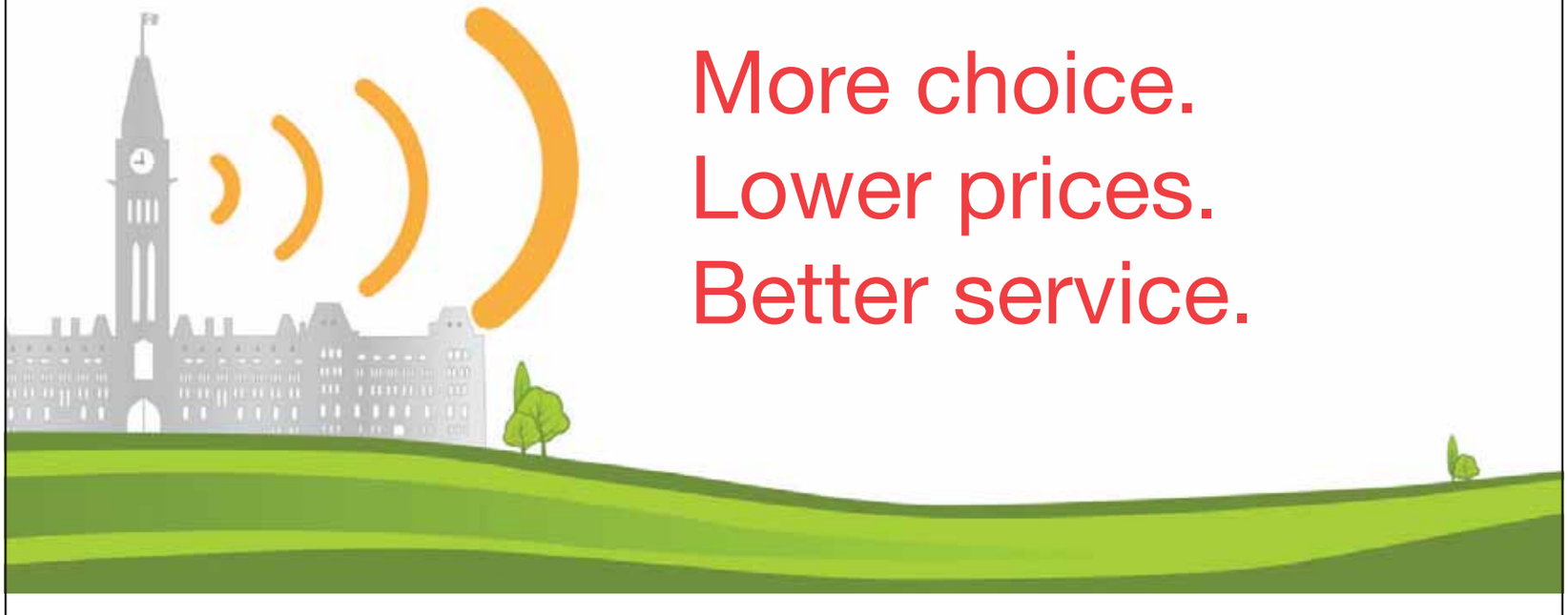

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Canada

Weekend carnage caps violent summer in Iraq

People inspect the site of a double suicide bomb attack in Sadr City, a neighbourhood of Baghdad. KARIM KADIM/THE ASSOCIATED PRESS

Wave of attacks.
Suicide bombers strike two Baghdad funerals in two days, killing dozens

A suicide bomber detonated his explosive belt among Sunni mourners attending a funeral in Baghdad on Sunday, killing 16 people and wounding 35 others, officials said, in the latest episode of the country's near-daily violence.

Police officials said the evening attack took place when a suicide bomber detonated his explosive belt inside a tent where the funeral was being held in Baghdad's southern neighbourhood of Dora.

Two other attacks in the country's north left two policemen dead and 37 others wounded, the officials added.

Sunday's bloodshed came a day after a wave of attacks killed 104 people, most at a double suicide attack on a Shiite funeral in Baghdad.

Violence has spiked in Iraq during the past few months. More than 4,000 people have been killed between April and August, a level of carnage not seen since the country was on the brink of civil war in 2006-08.

Earlier on Sunday, a suicide bomber rammed an explosives-laden car into a residential area in the city of Kirkuk, wounding 35 people, Kirkuk police Brig. Gen. Anwar Mohammed Qadir said.

The bomber targeted both a Kurdish educational office and an adjacent house for a Christian lawmaker, Qadir said. Seven members of the lawmaker's family were wounded in the attack.

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Syria

Mortar lands in Russian embassy compound

A mortar round landed inside the Russian Embassy compound in Damascus on Sunday, state media said, as Moscow said it was willing to send military observers to secure Syrian efforts to surrender its chemical weapons to international control.

Russia is a leading backer of Syria's President Bashar Assad, and rebels fighting to topple his regime have previously targeted the diplomatic mission in Damascus with rockets and mortars.

In Moscow, the Russian Foreign Ministry confirmed the attack, saying rebels fired mortars that landed on the grounds of their embassy. Three workers were injured in the attack, the ministry said, adding that the injuries were not life-threatening.

The Russian Embassy is located in Damascus's upscale Mazraa district, which also houses several Syrian security institutions, a soccer stadium and nightclubs.

THE ASSOCIATED PRESS

Merkel toasts to victory

German Chancellor Angela Merkel, chairwoman of the Christian Democratic party CDU, drinks a glass of white wine at the party headquarters after the national elections in Berlin, Sunday. Merkel led her conservatives to a stunning victory in the election, a personal triumph that cements her position as Europe's most powerful leader. However, she will need to reach out to centre-left rivals to form a new government after her coalition partner crashed out of Parliament. JULIAN STRATENSCHULTE/DPA/THE ASSOCIATED PRESS

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Jacob Barnett, 15, is a student at the Perimeter Institute for Theoretical Physics. MATHEW MCCARTHY/TORSTAR NEWS SERVICE

Boy genius finds home in Waterloo

Jacob Barnett. 15-year-old, diagnosed with autism at age 2, is happy he's found a place where he can do what he loves

To most of us, it's just a glass of water. But to 15-year-old Jacob Barnett, it's something else entirely: A clock.

"Based on the sun reflecting through the water, you can tell what time it is by looking at the length of the light," he said.

Jacob sees the world in a unique way. He's absorbed in the invisible, mathematical language that explains how nature works, whether it's the patterns of the universe or just the reflection in a glass at breakfast.

His extraordinary mind earned him a coveted spot at Waterloo's Perimeter Institute for Theoretical Physics, where he's spending the next year studying physics in a master's program that selects from the best students in the world.

By now, his story is already well-known. A child prodigy with an IQ of 170 — higher than Albert Einstein's estimated IQ — he was diagnosed with autism at age two and didn't speak for a year-and-a-half until he asked a question at a lecture on astronomy.

By age eight, he was sitting in on university math lectures in Indiana. He completed his state's entire high school math curriculum in two weeks.

By nine, he was writing his own physics theories, an exercise that had him covering his home's windows in complex formulas. His mother, Kristine Barnett, detailed all this in her book The Spark: A Mother's Story of Nurturing Genius. Warner Bros. snapped up the rights for the movie.

Jacob reads physics papers for fun. In his spare time, he creates computer programs and ideas for startup companies. He breezily explains the complex math behind everyday phenomena, and says he works out physics problems subconsciously.

But he's also still a teenager. He chats with his Californian girlfriend over Skype, likes football and surfing, and is excited to try snowshoeing.

With about a month under his belt at Perimeter, he's loving it. Jacob says he feels at home at the Waterloo institute.

He plans to spend the next year immersed in a broad, intense study of physics, which he hopes will help him decide the area of focus for his PhD.

TORSTAR NEWS SERVICE

Inspiring others

- Jacob's mother knows other parents are taking inspiration from Jacob's story of overcoming an early diagnosis of autism and turning into something of a young celebrity genius.
- "There's potential in everyone. I'm not saying everyone will be a rocket scientist or a quantum physicist. But just knowing that that potential exists, especially when you're facing an overwhelming illness like autism, it's incredibly valuable," she says.

Universities plagued by cyberattacks

As students at Canadian universities settle in to the fall semester — and start logging onto school networks again — IT specialists, intelligence agencies and universities say that post-secondary institutions are particularly — and increasingly — targeted by hackers.

Now, with cyberattacks on the rise, schools are trying to protect not only valuable research in fields like biochemistry and engineering, but the vaunted culture of openness that makes universities unique.

It's not clear exactly how many hacking attempts Canadian universities face on any given day; few, if any, schools keep track of that number.

U.S. universities are more forthright, and if their example is any indication, the problem may be very large indeed. Bill Mellon of the University of Wisconsin said the school saw as many as 100,000 daily hacking attempts from China alone.

Whatever the figure, most Canadian universities agree that the number of serious hacking attempts is growing.

"The sophistication of the attacks is increasing, and the number of attackers," said Jason Testart, director of information security services at the University of Waterloo.

TORSTAR NEWS SERVICE

Universities are often coy about hacking. TORSTAR NEWS SERVICE

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Miami

More Cubans getting a taste of overseas travel

At 67, Cuban taxi driver Benito Perez had never been on a plane. For years, friends in Miami had invited him to visit, but he couldn't afford to pay for the flight and didn't want to burden his friends. The process of getting an exit permit from Cuban authorities and permission from the U.S. government also seemed daunting.

In the last year, however, travelling from Cuba has gotten slightly easier. The Cuban government eliminated the much-detested "white card" needed to leave. And the U.S. government has begun issuing multiple-entry visas good for five years.

Perez's friends invited him again. To his surprise, the U.S. Interests Section in Havana granted his visa and the Cuban government issued him a passport.

He is one of thousands of Cubans travelling under the island's changed migration laws this year, many for the first time. "You're beginning to see new types of travellers," said Armando Garcia, president of Marazul, a Cuba charter flight company in Miami.

THE ASSOCIATED PRESS

Better not drop that new iPhone

Durability. SquareTrade tests on 5 smartphones found that Apple's latest offerings aren't as tough as last year's model

Failing grade

- The biggest loser in the SquareTrade tests was Samsung's Galaxy S4, which failed to work after being submerged in water and being dropped five feet off the ground.

As Apple pitches its newest smartphones, users may find something lacking compared with last year's model: They could break more easily.

SquareTrade, a provider of protection plans for gadgets, tested five smartphones, including Apple's new iPhones 5S and 5C, to see if they could withstand drops, dunks and other common hazards. Its finding: The latest models aren't as durable as last year's iPhone 5.

The biggest loser, however, was Samsung's Galaxy S4, which failed to work after being submerged in water and being dropped five feet off the ground, according to San Francisco-based SquareTrade.

The phone that withstood SquareTrade's torture test best was Google Inc.'s Moto X. The Moto X is the first phone designed with the Internet company as Motorola's new owner. Released in August, the Moto X is also the first smartphone assembled in the U.S.

"We were expecting that at least one of the new iPhone models would up its game, but surprisingly, it was the Moto X that proved most forgiving of accidents," said Ty Shay, chief marketing officer at SquareTrade. THE ASSOCIATED PRESS

With every upgrade Apple has made, the new model has usually been more durable than the previous one, based on drop tests SquareTrade has done — but that wasn't the case this time. ALAN DIAZ/THE ASSOCIATED PRESS

Your stein or mine? Oktoberfest gets underway in Munich

Visitors wearing traditional Bavarian clothes sit outside the Hacker-Pschorr tent at the Oktoberfest 2013 beer festival at Theresienwiese on Sunday in Munich, Germany. The Munich Oktoberfest, which will run through Oct. 6, is the world's largest beer fest and draws millions of visitors. JOHANNES SIMON/GETTY IMAGES

WikiLeaks leaks Fifth Estate screenplay, posts rebuttal

WikiLeaks has posted the script to The Fifth Estate and made its most forceful denunciation of the film about the site's creation and its colourful founder.

The whistleblower website posted a memo calling the movie "irresponsible, counterproductive and harmful." The DreamWorks film, which Disney will release Oct. 18, chronicles the birth of WikiLeaks with Benedict Cumberbatch playing site founder Julian Assange.

Assange has previously called The Fifth Estate "a massive propaganda attack." In a lengthy, point-by-point posting, WikiLeaks refuted the film's depiction of WikiLeaks, disputing everything from its suggestion that documents the site released put confidential sources in danger, to the idea that Assange dyes his hair.

"Most of the events depicted never happened, or the people shown were not involved in them," reads the posting. "It has real names, real places, and looks like it is covering real events, but it is still a dramatic and cinematic work, and it invents or shapes the facts to fit its narrative goals."

The WikiLeaks memo stated that it was judging the film from "a mature" script from late in production, not the finished film.

The film, which premiered earlier this month at the Toronto International Film Festival, portrays Assange as a visionary with democratic ideals for information and altruistic motives for whistleblowers, but also as a lying, reckless revolutionary who ultimately sabotages his own creation by his refusal to consider the lives of revealed sources in published documents.

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WHAT'S MAYORAL ACCOUNTABILITY?

URBAN COMPASS

Terence Harding
edmonton@metronews.ca

I am a great believer in measurable objectives. Without being able to measure the success of any activity it is impossible to tell what, if anything, has actually been achieved.

Measurable objectives are also integral to accountability. If stated objectives aren't achieved, someone has to explain why. If you're a salesperson, and you don't make your sales quota, you no doubt will have to answer for that.

If you are an engineer and you design a bridge that is supposed to be able to withstand hurricane-force winds and it falls down during a plain old thunderstorm, the odds are no one is likely to ask you to design another bridge. You may even lose your professional standing.

My bias toward measurable objectives makes it extremely difficult to determine just whom I should vote for in the upcoming civic election. That's particularly true when it comes to deciding where I will cast my vote for mayor.

Leadership, environmental stewardship and economic diversity are all things worthy of support. But how does one measure leadership? If the mayor has an idea he/she wants to push, but can't get enough council votes, is that a leadership failure? If a deal is done, but not in public, is that leadership or backroom politics?

No one is going to argue against environmental stewardship. But how should it be measured? The answer is that it can't be measured because there is no stated goal. There's a very big difference between saying you believe in sustainability and actually going on record as saying there should be no more outward expansion of the city until we have achieved our density goals.

It's true that once elected, our new mayor could bring forward some measurable goals. But if you don't agree with those goals or you think the bar has been set too low, too bad for you. You will have to wait four years for a chance to change mayors.

Measurable claims get my vote

The only candidate that I have heard say anything I could hold him accountable for is Kerry Diotte. Whether you think it is possible to hold the line on city taxes or stop increasing our debt, there's no doubt in my mind that you know what he stands for and how he would expect to be judged on his effectiveness.

The only candidate that I have heard say anything I could hold him accountable for is Kerry Diotte. Whether you think it is possible to hold the line on city taxes or stop increasing our debt, there's no doubt in my mind that you know what he stands for and how he would expect to be judged on his effectiveness. What Leibovici and Iveson will propose as a standard Edmontonians can use to evaluate their effectiveness is anybody's guess.

ZOOM

Scary sky morning, alien warning

MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes are most frequent.
METRO

A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchee in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instructional videos available here are a domestic treasure trove. There's good stuff here for beginners, too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to metronews.ca**

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

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SCENE 2

Show business not as usual

2013 Emmy Awards. Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in Veep, with Jim Parsons claiming the top comedy acting trophy for The Big Bang Theory.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of Nurse Jackie won the night's first award for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of Modern Family.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to cry."

Tony Hale of Veep claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of Modern Family.

Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

"Oh, man. ... This is mind-blowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

Harris started out the ceremony with help — and harassment — from past hosts including Jimmy Kimmel, Jane Lynch and Conan O'Brien. When they started to squabble, nominee Kevin Spacey of the online show House of Cards got a close-up.

"It's all going according to my plan. I was promised the hosting job this year and they turned me down," Spacey said, channeling the scheming politician he plays on the digital series.

On the red carpet, there were plenty of slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses. Claire Danes of Homeland wore a champagne-coloured beaded gown and Robin Wright of House of Cards was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for 30 Rock.

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Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES

Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.

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Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

•••••

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, it's the ever-present danger of it going off the rails. But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument. Her emotive delivery on Joy, off her latest album Halcyon, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile-bird heard just a moment earlier. By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track. Goulding was gold. **EMINA GAMULIN/METRO**

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Icona Pop stays up All Night

I don't care. Life shouldn't be this fun — but it is for the wildly successful synth pop duo

ALEXANDRA CAVALLO
Metro World News in New York

Hard partying young bands have a long tradition of trashing hotel rooms. On their most recent tour, however, Icona Pop's biggest offence wasn't throwing the TV off the balcony or throwing up in the ice bucket. It was scaring the crap out of the maid.

"In the closet of a hotel room, we built a little singing booth," says Caroline Hjelt, one half of the Swedish synth-pop duo.

"And we were just in there screaming and singing together. We heard that someone was in the room and we stepped out and it was housekeeping. She got so scared, she didn't know what the f— was going (on) … and then two girls come out from the closet. She was like, 'Oh my god, what's going on here?'"

What was going on there, explains Hjelt, was work. She and bandmate Aino Jawo have been on the road non-stop, touring behind their irrepressible dance party jam I Love It (off their 2012 EP Iconic), and have had almost zero time to spend in the studio recording their upcoming debut album This Is Icona Pop. So they've had to get a little creative.

"This album has been hustling, we've been everywhere recording it," she says. "So we always make sure that we have a microphone, and we have our computers that we can work on, or cellphones, or whatever, that we can just record if we get quick ideas. We've been writing the album for such a long time so I think people are going to hear the journey that we've been through."

That journey has included recording sessions in countless cities across the world — in the backseats of cars, in parking lots and, yes, hotel room closets.

This DIY, devil-may-care esthetic reflects the duo's sound, as well as their outlook on music. These are two girls who just want to have fun. The two met at a party while in college.

"It was just weird energy. We just started writing without even talking about what kind of music we wanted to do," says Hjelt.

"And when we started, we just looked at each other, kind of like, 'Oh my god, we have a band and it's the best band in the world.'"

They'd written their first song (Sheriff Came to Town on a Big Black Horse) by the very next day. Two days later, they'd booked their first gig. And they've been partying together ever since. Unlike a lot of other young musicians, who will demur and say that their stage persona, or their music, doesn't reflect their personal life, Hjelt is blunt.

"I would lie to you if I would say that I don't like to party," she laughs.

"Because we love dancing, we love good music; we love hanging out with people."

Party animal

"I would lie to you if I would say that I don't like to party."

Icona Pop's Caroline Hjelt on how her art reflects her lifestyle

Aino Jawo and Caroline Hjelt of Icona Pop love dancing, good music and just kicking it with other people. GETTY IMAGES

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Matthew Good says music flows out of him. CONTRIBUTED

No 'first world problems' here

Matthew Good. Prolific solo artist, whose new album Arrows of Desire is out now, is credited with inventing the popular new-age saying

Matthew Good is uniquely suited to talk about a number of things — and one of them is the wild, wild web.

Sure, the Burnaby, B.C., native is an icon of Canadian alt-rock, with eight solo records to his name, including the upcoming Arrows of Desire. But he's also credited with being the progenitor of one of the Internet's most-used sayings, which marinated on a 1995 B-side of his debut record before exploding suddenly into the collective consciousness a decade later.

"I'm perplexed that no one came up with it before I did," said Good of "first world problems," the saying credited to the Matthew Good Band's song Omissions of the Omen.

"It's from a hidden track from an album and probably the one song off that album I really like, as opposed to the rest of the content which I'm not fond of at all. So that's at least the up side of it," he said. "It was never something where I said, 'I wrote that.' I actually had someone email me about it, and it was like, 'Huh, wow.' I had no clue."

He's also a savvy and once-prolific writer on political and cultural affairs on his blog, his habit of reading policy papers and putting in research hardly faded from the days of his master's thesis in U.S. foreign and covert policy history.

Rising to prominence with the Juno-winning Matthew Good Band, widely considered one of Canada's most successful alt-rock bands in the '90s, he's always been a musician first and foremost. "It's the one thing I do intrinsically," he said.

He hopes to continue his recording pace, coming out with a new record roughly every other year, if not more often. "I can sit in front of recording equipment or with a guitar and I can create, and it just happens. There's nothing else in my life like that. Everything else is learned, is read, is imbibed in some way. Music is something that isn't; it just flows out of me." THE CANADIAN PRESS

20 years of making music

- Good is set to celebrate two decades in the industry, marking it with Arrows of Desire — a guitar-heavy ode to '80s four-on-the-floor bands, inspired by the "total abandon" of the Afghan Whigs — that follows up 2011's more abstract Lights of Endangered Species.

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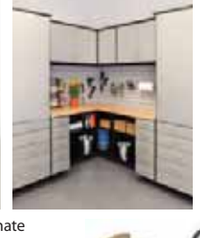

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JT and Bruno spread the love at iHeartRadio

Justin Timberlake performing at the weekend. INVISION /AP

Eventful festival. A scantily-clad Miley Cyrus got teary on stage, Paul McCartney showed off new material and Ke$ha had a duet with Jett

There's a reason why Bruno Mars is set to perform at the Super Bowl halftime show.

The pop crooner was in perfect form at the iHeartRadio music festival Saturday night at the MGM Grand Garden Arena in Las Vegas Nevada. He wowed with his slick moves and energetic vibe.

Justin Timberlake was also a fan favourite. The pop star closed the five-hour plus concert, singing hits like Mirror and SexyBack. Paul McCartney kicked off the show, playing a bunch of new songs from his upcoming album.

The former Beatle will release New on Oct. 15. He mostly played new tracks for the crowd, including the album's title track and first single. "This is not a new song," McCartney said before singing Another Day, which brought new life to the audience. Following him was R&B singer Miguel and rapper Drake, who also earned cheers. While men dominated Saturday, Ke$ha gave an impressive performance of her hits. She even brought out Joan Jett and the two sang Bad Reputation. Jett and the Blackhearts will release a new album, Unvarnished, on Sept. 30. But Miley Cyrus was building on her bad reputation: She caused a stir when she entered the stage in a fishnet dress with tape covering her nipples.

The 20-year-old performed three songs, all in a dress that revealed most of her body, except her covered nipples and tight shorts.

She sang her hits We Can't Stop and Wrecking Ball, where her eyes were watery.

Britney Spears introduced the singer at the festival; the two worked on a song that will appear on Cyrus' new album, Bangerz, out Oct. 8

"I'm sure everyone's going to be talking, which is what she wants," said Miguel, who added he "only caught a couple glimpses" of Cyrus' performance.

The singer-actress also performed a similar set at iHeartRadio's outdoor event earlier in the day. Maroon 5, Tim McGraw and Phoenix also performed on the second night of the two-day festival. THE ASSOCIATED PRESS

Williams meets Spock.
Star keeps on trekking with one of his heroes

Pharrel Williams has a soft spot for Leonard Nimoy. GETTY IMAGES

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

In addition to performing on smash summer tracks by Daft Punk and Robin Thicke, as one-half of the production duo The Neptunes with pal Chad Hugo, he's left his distinctive imprint on hits for everyone from Britney Spears to Justin Timberlake.

The superstar singer-songwriter continues to blaze musical trails as he enters middle age, but Williams remains a kid at heart — a fact that becomes evident when he recalls a recent encounter with a boyhood idol.

The Star Trek fan recently had a chance to meet Mr. Spock himself, Leonard Nimoy. The actor also narrated documentary series In Search Of... which originally aired in the '70s and '80s and explored the paranormal. Williams was such a fan of the show that when his rap-rock group N.E.R.D released its debut album, the title was In Search Of...

"I've been noticing all of these weird connections in my life since I turned 40," mused the soft-spoken Williams, who grew up in Virginia Beach, Va.

"In Search Of... used to come on CBS when I was a kid ... and I was obsessed with that TV show then. And they would talk about everything from the legend of Bigfoot to the pyramids to the Dogon tribe. I'm still obsessed with all of those same topics and I never realized that it was a consistent theme." THE CANADIAN PRESS

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Liam Hemsworth. ALL PHOTOS GETTY IMAGES

Moving trucks confirm Hemsworth-Cyrus split

As if an official publicist confirmation of the split and photos of Liam Hemsworth kissing another woman weren't enough, photographers caught a sure sign that his relationship with Miley Cyrus is over on Friday as a moving truck was spotted outside Cyrus' Los Angeles home collecting the rest of Hemsworth's belongings, according to TMZ. It was unclear where the truck was headed once it was loaded up, but Hemsworth is back in Atlanta continuing work on the Hunger Games finale Mockingjay. Cyrus, sources say, initiated the split. "(It was) Miley's decision, after coming to grips with Liam being what she believed was less than faithful to her."

Andy Samberg

Samberg makes singer Newsom his wife

Saturday Night Live alum Andy Samberg and singer Joanna Newsom tied the knot this weekend in an intimate ceremony before family and friends at the Post Ranch Inn in Big Sur, Calif., according to Us Weekly. Samberg proposed to Newsom in February, and he admitted to Ryan Seacrest in an interview last week that planning the wedding wasn't easy. "So far it's been nothing but stress and joy," he said. "The joy is in the lady herself. The stress is in the planning. We tried to go small and it was just impossible. There's too many relatives, too many friends."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's great to work with, now let me out of this basement

POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Ben Affleck's 18-month-old son is photographed wearing a Batman T-shirt. Not to be outdone, Kris Jenner made Kendall and Kylie wear "successful talk show host" crotch-less panties.

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

Leonardo DiCaprio will star in a Woodrow Wilson biopic. And if that doesn't finally get him an Oscar, he'll play some other historical figure no one's interested in and not win an Oscar for that either.

Demi Moore has reportedly started dating the father of a young ex-boyfriend. That's kinda weird and creepy, isn't it? Someone her own age?

Justin Theroux says Jennifer Aniston made him get rid of his collection of antique, medical wax models of mouths showing various stages of syphilis and gonorrhea. It's only fair. He made her throw out all her Angelina voodoo dolls.

I know I did a bad thing but so did Jay-Z! Brown brings up rap legend's past

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."

Chris Brown

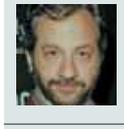
Who likes short shorts? Not Paltrow

Gwyneth Paltrow admits that being one of the only ladies in The Avengers meant some wardrobe choices she didn't quite agree with. While Scarlett Johansson's Black Widow donned a full-body catsuit for much of the film, Paltrow's Pepper Potts wore some more revealing Daisy Dukes. "That was mean, wasn't it?" she confides in E! News. "Why am I in cut-off shorts and everyone else is in a suit? That's not fair."

Gwyneth Paltrow

Twitter

@rosemcgowan
a DJ just yelled at me. "Respect my Art!!" Bahaha. Ok, don't suck.



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IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent, you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MC-CLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist
in a Psychology Today article

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of privilege or natural consequence that has unfolded from what the child has done wrong."

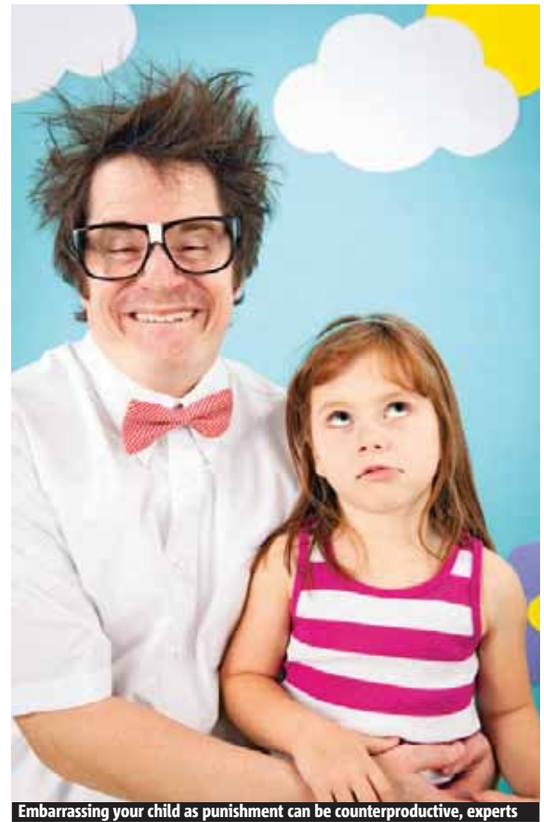
Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair. THE CANADIAN PRESS



Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

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Fall fusion: Spicy gingerbread meets sweet banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

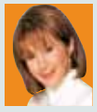
3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Ribs and chicken are both favourites for many people but one is clearly a better choice.

Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat

Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.

Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat

Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.

Dessert. Citrus-Spice Almond Butter Torte

1. Heat oven to 325 F. Coat 9-inch cake pan with baking spray, then line bottom with a circle of baking parchment.

2. In a medium bowl, whisk together the sugar, cinnamon, cloves, allspice, ginger and salt. Add the egg yolks, vanilla and both zests. Whisk until smooth, pale and slightly thickened. Gently whisk in the melted butter, then stir in the ground almonds. Gently fold in the flour, just until combined.

3. Spoon the mixture into the prepared pan and smooth the top. Sprinkle the raw sugar over the top, then decorate with whole almonds. Bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean. Let cool for 10 minutes, then remove from the pan and set on a wire rack to finish cooling.

THE ASSOCIATED PRESS

Ingredients

- 1 1/4 cups granulated sugar
- 1 tsp cinnamon
- 1/2 tsp each ground cloves, allspice, dry ginger
- 1/4 tsp kosher salt
- 6 egg yolks
- 1 tsp vanilla extract
- Zest each of 1/2 orange and lemon
- 1 cup (2 sticks) unsalted butter, melted
- 1/2 cup toasted and finely ground almonds
- 2 cups all-purpose flour (sifted, then measured)
- 2 tbsp raw sugar
- Whole almonds, to garnish

Ten nuts, seeds, grains make for crazy-good seed bread

While this bread may not be the best choice for a roast beef sandwich, consider toasting it and smearing it with butter and marmalade, or making crostini to top with smoked salmon and creme fraîche.

Or let it sit on your cheese board alongside a runny brie.

Ingredients

- 2 tbsp honey
- 3 tbsp olive oil
- 1 3/4 cups water
- 1/2 cup hulled pumpkin seeds (often labelled pepitas)
- 1/2 cup hulled sunflower seeds (sometimes labelled sunflower seed hearts or meats)
- 1/4 cup each whole flax seeds, white sesame seeds, chia seeds
- 1 cup quick oats
- 1/2 cup quick barley
- 1/4 cup psyllium seed husks
- 1/2 cup slivered almonds, toasted
- 1/2 cup hazelnuts, toasted
- 1 tsp kosher or fine sea salt

1. Coat loaf pan with cooking spray.

2. In measuring cup, whisk the honey, olive oil and water.

3. In medium bowl, mix pumpkin seeds, sunflower seeds, flax seeds, sesame seeds, chia seeds, oats, barley, psyllium seed husks, almonds, hazelnuts and salt. Pour in water mixture and mix well.

4. Pat the mixture into the prepared loaf pan, smoothing the top with moistened fingers. Cover with plastic wrap and let sit at room temperature for at least 3 hours or up to overnight.

5. When ready to bake, heat the oven to 350 F. Uncover the loaf and bake for 30 minutes. Remove from the loaf pan and place on a wire rack in the oven. Bake for another 30 minutes, or until deep golden brown and hollow sounding when tapped. Let cool completely on a wire rack before slicing. THE ASSOCIATED PRESS

This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

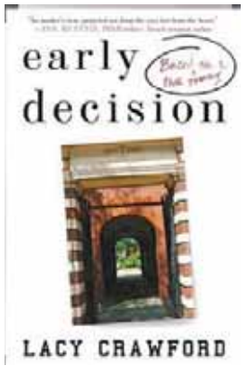
Does the higher learning application process favour rich kids? ISTOCK

First the alphabet, then the world

Decision time. Book on college acceptance race was inspired by author's own experiences: she signed her baby up for preschool too late

As a post-secondary school counsellor, Lacy Crawford thought she understood how students and their parents were driven crazy by the application process — until she had a baby. Crawford says that as soon as she was "late" to sign her four-month-old son up for preschool, she truly felt what it was like to walk in the shoes of the parents she'd been advising. That experience became her novel, Early Decision, which follows a top-tier counsellor and her students through the head-spinning frenzy of applications. We asked Crawford about walking the line between fiction and memoir for her debut novel.

How did you find the characters in the book?
All of the stories in Early Decision are based on things that happened. There were interactions between parents and students that really troubled me, that I couldn't get out of my memory and I wanted to try to understand them. I also wanted to write them in a fun way — it's a satire. It's accessible, and it's meant to let parents and students see what this process is doing to us.



So what do you feel the process is doing to us?
I think (the application process) puts the emphasis on getting in rather than growing up. So, I had the characters begin with their essays (the book features college essays from Crawford's fictional students) and I wrote their essays and then I figured out who their parents were and went from there.

It sounds like you're a little bit skeptical about the application process. Is that true?
I'm not an education expert — my experience is only anecdotal, but I think the process privileges the very privileged, the rich kids who attend private schools all the way through, or public schools in towns that have the really good schools. Those are the kids who know what they're competing for and how to compete for it. At the other end of the spectrum, there are underserved young people who, when they can perform, the top colleges are desperate for them. If you are an ethnic minority coming out of a top (or a terrible) public high school and you have great scores, ivy leagues will fight each other for you. In the middle are hundreds of thousands of kids, maybe millions — lots and lots of kids who are good, bright kids, coming out of middling high schools (that) haven't given them the resources they need to know what colleges are out there. And their parents are maybe working full time and maybe not obsessed with Yale, so they don't have the time and the resources to figure out how to give their kids all the boosts that the rich kids are getting.

What are your feelings about your own kids and college?
My fantasy for my boys is actually a fantasy for myself. I hope that by the time they are 17, I am so confident of their character and so sure that they know their own hearts that I will be able to support whatever decisions they make.

METRO

Mixed priorities

"I think (the application process) puts the emphasis on getting in rather than growing up."

Post-secondary school advisor Lacy Crawford

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May I have your attention, please?

Stay focused. A few simple exercises can help increase your child's concentration

Most students could maintain their focus if asked to complete a single activity in a quiet room by themselves. But put 30 children in a room together, and as the noise level increases, ability to concentrate decreases, and attention wanders.

A dropped pencil, a sneeze, a giggle, a bird outside the window — the list of distractions in a typical classroom is endless. Many parents and teachers might be forgiven for concluding that a child has Attention Deficit Disorder (ADD) if they are unable to remain focused, but it's possible many students simply have not been taught how to pay attention.

Nick Whitehead, the CEO of Oxford Learning, says that the increased number of children diagnosed with ADD may not necessarily mean that more children have attention deficits, but that we are not teaching our children the learned behaviour of paying attention.

"In addition to measuring and testing kids for attention deficit, we need to reconsider our lifestyles and the ways we teach children," he explains.

"Many kids can't pay attention because they have not been taught the skill of concentration. I am not trying to claim that attention deficits do not exist, however, many kids who have trouble paying attention do not have ADD. They merely have a short attention span."

Whether your child has been professionally diagnosed, or could simply benefit from better concentration skills, these tips can help all students remain focused and learn better:

There can be plenty of distractions in a classroom — arm your child with a few tricks to help block them. ISTOCK

Play the attention game. Teach and remind your child to be mindful/self-aware.

Use a cue. Say the child's name first to get his/her attention before giving directions.

Establish routines. Schedule consistent homework/study times and spaces.

Clear the clutter. Within a dedicated workspace, get rid of distractions (TVs, phones, radios, etc.).

Demonstrate. When teaching new tasks, demonstrate them. Repeat as necessary. Be patient.

Get organized. Teach and re-teach organization skills. Before starting, break tasks into smaller, more manageable parts and go over all instructions clearly.

Build confidence. Celebrate every success, no matter how minor.

Be positive. Focus on successes, not failures. Look at what your child is doing well and celebrate it.

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4 SPORTS

Tour Championship

Stenson earns big payday in Atlanta

Henrik Stenson capped off the best stretch of his career Sunday with the biggest payoff in golf.

Stenson held off a brief challenge by 20-year-old Jordan Spieth and closed with a 2-under 68 to win the Tour Championship by three shots over Spieth and Steve Stricker. The 37-year-old Swede also captured the FedEx Cup and its $10-million bonus. Stenson earned $1.44 million for winning the tournament.

Stenson, who two years ago was outside the top 200, moved to No. 4 in the world.

Spieth left one lasting impression on his remarkable rookie season. At 20, the youngest player in Tour Championship history ran off four straight birdies on the back nine at East Lake and pulled within one shot of Stenson with his 10-footer on the 16th.

THE ASSOCIATED PRESS

NASCAR

Kenseth wins 2nd straight Chase race

Matt Kenseth made it 2-for-2 in the Chase, holding off Joe Gibbs Racing teammate Kyle Busch to win Sunday at New Hampshire Motor Speedway.

He followed his win in the Chase for the Sprint Cup championship opener at Chicagoland with his series-high seventh victory of the season.

Kenseth joins Greg Biffle (2008) and Tony Stewart (2011) as the only drivers to win the first two Chase races. Stewart went on to win the title.

THE ASSOCIATED PRESS

Bears pounce all over Steelers' many errors

NFL. Chicago defence scores two touchdowns to remain perfect on season, Pittsburgh stumbles to 0-3

Sunday Night Football

Bears	Steelers
40	23

The Chicago Bears are unbeaten. The Pittsburgh Steelers can't stop beating themselves.

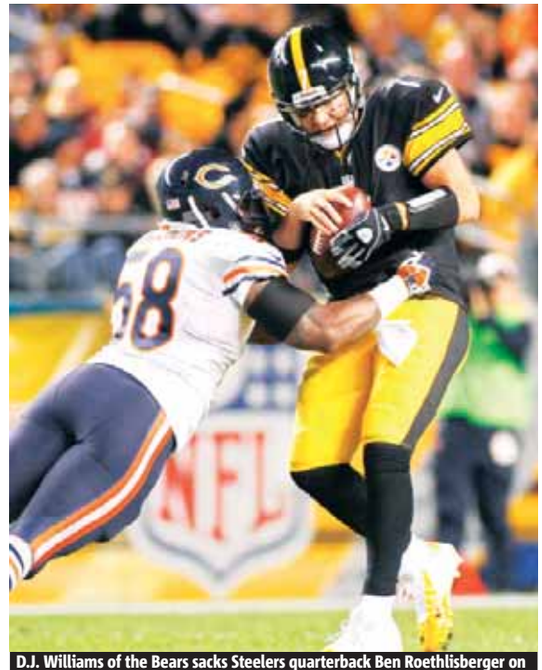
Major Wright returned an interception 38 yards for a touchdown in the second quarter, and Julius Peppers picked up Ben Roethlisberger's fumble and raced 42 yards for a score in the fourth quarter as the Bears dropped the reeling Steelers 40-23 on Sunday night.

Roethlisberger completed 26 of 41 passes for 406 yards, and threw two touchdowns to Antonio Brown, but the Steelers fell to 0-3 for the first time since 1986 thanks to an avalanche of mistakes. Pittsburgh committed five turnovers, four of which led directly to points by the opportunistic Bears.

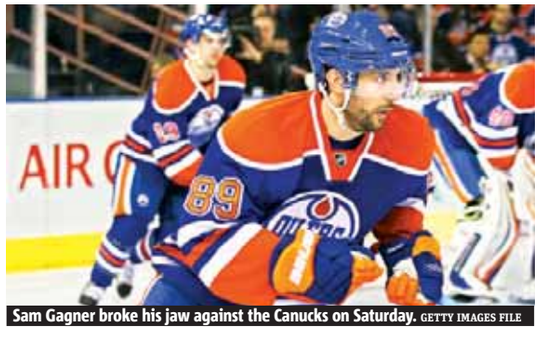
Jay Cutler passed for 159 yards and threw a 17-yard touchdown strike to Earl Bennett with just under six minutes remaining to give the Bears breathing room after the Steelers trimmed a 21-point deficit to four.

The Bears rode a pair of fourth-quarter comebacks to a 2-0 start. A rally wouldn't be required this time after the Steelers continued to bumble their way through a miserable September.

Roethlisberger's second interception on a late stat-padding drive was Pittsburgh's ninth turnover through three games. The Steelers defence, meanwhile, hasn't recorded a takeaway through 12 quarters. THE ASSOCIATED PRESS



D.J. Williams of the Bears sacks Steelers quarterback Ben Roethlisberger on Sunday night in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES



Sam Gagner broke his jaw against the Canucks on Saturday. GETTY IMAGES FILE

NHL. Broken jaw forces Gagner out indefinitely

Edmonton Oilers forward Sam Gagner will miss the start of the regular season with a broken jaw.

Gagner suffered the injury in Edmonton's 5-2 exhibition win over Vancouver on Saturday.

Gagner collided on the side boards with Vancouver's Zack Kassian, and Kassian's stick knocked out some of Gagner's teeth.

Kassian received a four-minute penalty on the play.

The team said Gagner is out indefinitely. He had 14 goals and 38 points in 48 games with the Oilers last season. THE CANADIAN PRESS

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DeMarco ... Polo! QB finds groove late

CFL. Lion rebounds in second half to help set up game-winning FG

Thomas DeMarco's encore performance Sunday went considerably better than his first.

Making his first CFL start, the B.C. Lions quarterback threw two second-half touchdowns and helped set up Paul McCallum's game-winning field goal with no time on the clock as the Lions took over second place in the West Division with a 24-22 win over the Saskatchewan Roughriders.

On Sunday

Lions	Roughriders
24	22

DeMarco was pulled from the game midway through the second quarter in favour of Buck Pierce but returned to start the second half.

The win was the second straight for B.C. (8-4) while Saskatchewan (8-4) lost its third in a row.

"I have a lot of great people on the sidelines right now," said DeMarco, who started in place of the injured Travis Lulay. "Travis was very calm. Buck was very calm. Joey (Elliott) helped me out as well.

"The biggest thing is just to keep you calm and help you with seeing the field. They really helped me out today and allowed me to talk through things and we got the victory at the end."

DeMarco made up for a shaky first half with the Lions trailing 12-6 early in the third quarter when he hit Nick Moore with a 43-yard touchdown strike.

The Lions got the ball right back when Saskatchewan quarterback Darian Durant fumbled for a second time.

DeMarco threw a 20-yard TD to Shawn Gore to make it 20-12 and McCallum then kicked an 84-yard kickoff single to extend the lead to nine.

Durant threw an eight-yard touchdown to Weston Dressler with 38 seconds left to make it 22-21 as the Roughriders appeared poised to overcome two costly fumbles and snap their losing streak.

But Marco Iannuzzi returned the kickoff 28 yards and DeMarco passed for a pair of key first downs to set up McCallum's winning kick from 42 yards out.

THE CANADIAN PRESS

Lions quarterback Thomas DeMarco threw for 208 yards on 18 of 33 passing against the Roughriders in Regina on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

MLB

O's know wild-card hopes look bleak

Adam Jones can do the math: Sunday's 3-1 loss to the Tampa Bay Rays left the Baltimore Orioles 4 1/2 games out of the AL's wild-card berth with seven games left.

"Basically we're going to have (to) win out and hope for the best on the other side," the Orioles centrefielder said. "We have to take care of our business. We battle and we grind and sometimes, as the saying goes, you're the bug and sometimes you're the windshield. The last couple days we've been the bug, so we just have to get back to being that windshield."

Baltimore has lost three straight to the Rays going into Monday's series finale.

"We would have loved to have won the first three, but the reality is that we didn't," loser Scott Feldman said. "So we have no choice but to keep playing hard, try to come out tomorrow and take the last game and see what happens."

Rays starter Enny Romero went 4 2/3 innings in his major-league debut, combining with five relievers on a three-hitter.

THE ASSOCIATED PRESS

NHL. Leafs' Kessel hurts Sabres with stick and fists

Phil Kessel scored his first two goals of the pre-season and the Toronto Maple Leafs held off a third-period Buffalo Sabres surge to hang on for a 5-3 win Sunday night.

The Leafs also had goals from Trevor Smith, Josh Leivo and Jake Gardiner while Nikita Zadorov, Jamie McBain and Corey Tropp scored for Buffalo.

Kessel was involved in the main flash point of the game at 10:01 of the third when he was targeted by the Sabres' John Scott seconds after a fight between the Leafs' Jamie Devane and Tropp.

Kessel backed away from Scott while twice swinging his stick at the Sabres tough guy before some of his teammates jumped in.

That precipitated a line brawl with the Leafs' David Clarkson jumping off the bench to join the fray, and a goalie fight between Ryan Miller of the Sabres and Jonathan Bernier of the Leafs.

By the end of the game, the benches on both sides were looking bare after numerous fighting majors and 10-minute misconducts were handed out.

The same two teams needed a 15-round shootout the night before to settle a 3-2 win for the Leafs. THE CANADIAN PRESS

Phil Kessel takes a swing at the Sabres' Brian Flynn at Air Canada Centre on Sunday night. FRANK GUNN/THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	86	69	.555	8
New York	82	74	.526	12½
Baltimore	81	74	.523	13
Toronto	71	84	.458	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Sunday's results
San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2
Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7
Saturday's results
N.Y. Yankees 6 San Francisco 0
Tampa Bay 5 Baltimore 1
Oakland 9 Minnesota 1
Cleveland 4 Houston 1
Detroit 7 Chicago White Sox 6 (12 inn.)
Texas 3 Kansas City 1
Toronto 4 Boston 2
L.A. Angels 6 Seattle 5
Monday's games — All times Eastern
Baltimore (Chen 7-7) at Tampa Bay (Archer 9-7), 3:10 p.m.
Houston (Lyles 7-8) at Texas (Holland 9-9), 8:05 p.m.
Detroit (Verlander 13-12) at Minnesota (Pelfrey 5-13), 8:10 p.m.
Toronto (Happ 4-6) at Chicago White Sox (Quintana 8-6), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Richards 7-6), 10:05 p.m.
Kansas City (Ventura 0-0) at Seattle (Maurer 4-8), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	84	72	.538	8½
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	99	.365	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	91	65	.583	—
Cincinnati	89	67	.571	2
Pittsburgh	89	67	.571	2
Milwaukee	69	86	.445	21½
Chicago	65	91	.417	26

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Sunday's results
Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2 (gm. 1)
Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0
Washington 5 Miami 4 (gm. 2)
Milwaukee 6 St. Louis 4
Saturday's results
Chicago Cubs 3 Atlanta 1
Pittsburgh 4 Cincinnati 2
N.Y. Mets 5 Philadelphia 4 (7 inn.)
Miami at Washington (ppd.)
St. Louis 7 Milwaukee 2
Arizona 7 Colorado 2
L.A. Dodgers 4 San Diego 0
Monday's games — All times Eastern
N.Y. Mets (Harang 0-1) at Cincinnati (Cueto 5-2), 7:10 p.m.
Milwaukee (Estrada 6-4) at Atlanta (Minor 13-7), 7:10 p.m.
Philadelphia (Halladay 4-4) at Miami (Eovaldi 3-6), 7:10 p.m.
Pittsburgh (Morton 7-4) at Chicago Cubs (Samardzija 8-12), 8:05 p.m.
Washington (Roark 7-0) at St. Louis (Wainwright 17-9), 8:15 p.m.
Arizona (McCarthy 5-9) at San Diego (Stults 9-13), 10:10 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Sunday's result
B.C. 24 Saskatchewan 22
Saturday's results
Hamilton 28 Montreal 26
Toronto 33 Calgary 27

NFL

WEEK 3

Sunday's results
New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30
Cleveland 31 Minnesota 27
Baltimore 30 Houston 9
Tennessee 20 San Diego 17
Carolina 38 N.Y. Giants 0
New Orleans 31 Arizona 7
Dallas 31 St. Louis 7
Detroit 27 Washington 20
Miami 27 Atlanta 23
Indianapolis 27 San Francisco 7
Seattle 45 Jacksonville 17
N.Y. Jets 27 Buffalo 20
Chicago at Pittsburgh
Monday's game — All Times Eastern
Oakland at Denver, 8:40 p.m.

GOLF

PGA TOUR

TOUR CHAMPIONSHIP

At Atlanta, Ga.
Par 70 — Fourth round
x-wins FedEx Cup Playoffs

x-Henrik Stenson, $1,440,000	64-66-69-68—267
Jordan Spieth, $708,000	68-67-71-64—270
Steve Stricker, $708,000	66-71-68-65—270
Webb Simpson, $384,000	68-71-69-63—271
Dustin Johnson, $320,000	68-68-67-69—272
Justin Rose, $288,000	68-68-70-67—273
Also:	
Graham DeLaet, $131,200	**68-71-72-73—284**

Horoscopes

♈ Aries
March 21 - April 20
Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus
April 21 - May 21
Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini
May 22 - June 21
Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer
June 22 - July 23
Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo
July 24 - Aug. 23
You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo
Aug. 24 - Sept. 23
You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra
Sept. 24 - Oct. 23
If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

♑ Capricorn
Dec. 22 - Jan. 20
The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

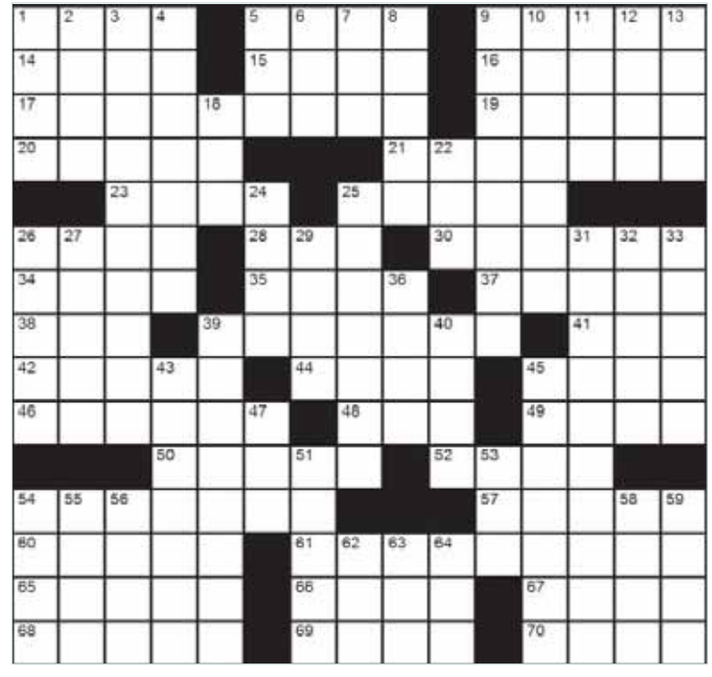
♒ Aquarius
Jan. 21 - Feb. 19
You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces
Feb. 20 - March 20
In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

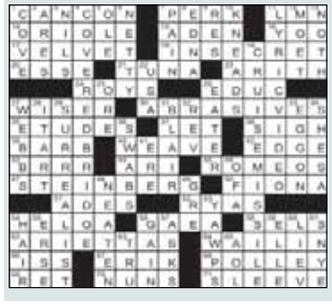
BY KELLY ANN BUCHANAN



Across
1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "__ Pearl" by 54-40
17. Douglas __ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It __ __" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00_ _ __ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-__, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "__ _-Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to _ __ start
52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. __ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece
66. Fluish feeling
67. British band, __ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

Down
1. Data
2. "Wavin' Flag" by K'__
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"
8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish
18. "Surprise!"
22. Sine __ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's _ __!" (Tied game exclamation)
27. "Love __ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the __
40. Proportionately, Pro __
43. Canadian speed skating great/Olympian, Cindy __
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza __ (Italian verse form)
58. "__ _ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5						9	
	2	3	7		9	6	1	
7		4				8		5
			9	6	3			
				7				
			4	8	5			
9		8				5		3
	4	5	3		8	1	2	
	3						4	

Friday's Sudoku

5	3	4	6	2	7	9	8	1
7	6	9	4	8	1	2	5	3
8	2	1	5	3	9	6	4	7
2	9	5	1	7	4	8	3	6
6	4	3	9	5	8	7	1	2
1	7	8	3	6	2	4	9	5
9	5	2	8	1	6	3	7	4
3	8	7	2	4	5	1	6	9
4	1	6	7	9	3	5	2	8

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 16° MIN: 9°	MAX: 15° MIN: 7°	MAX: 16° MIN: 3°

BT BREAKFAST TELEVISION

MICHELE MCDOUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**

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CHRYSLER JEEP RAM MOPAR

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Discount: $4,004

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#9248

NEW 2013 RAM 1500

Reg: $29,264
Discount: $9,274

CLEAROUT: $19,990 OWN ME $117 B/W

#2483

NEW 2013 CHRYSLER 200 LX

Reg: $22,094 Discount: $4,496
CLEAROUT: $17,568
OWN ME $99 B/W

#1786

NEW 2013 DODGE GRAND CARAVAN

Reg: $30,319 Discount: $9,421
CLEAROUT: $20,748
OWN ME $117 B/W

#5314

NEW 2013 DODGE JOURNEY

Reg: $23,669 Discount: $2,971
CLEAROUT: $20,568
OWN ME $116 B/W

#7271

ALL NEW 2013 DODGE DART

CLEAROUT: $16,998
OWN ME $96 B/W

#3473

NEW 2013 JEEP WRANGLER 4X4 SPORT

Reg: $25,289 Discount: $4,491
CLEAROUT: $20,798
OWN ME $117 B/W

#1143

NEW 2013 Dodge Durango SXT AWD

Reg: $42,564 Discount: $8,574
CLEAROUT: $33,990
OWN ME $199 B/W

#8800

NEW 2014 Jeep Gr Cherokee LTD

Reg: $51,079 Discount: $5,089
CLEAROUT: $45,990
OWN ME $269 B/W

#8179

NEW 2013 RAM 1500 LONGHORN CREW 4X4

Reg: $60,699 Discount: $16,709
CLEAROUT: $43,990
OWN ME $257 B/W

#0020

NEW 2013 RAM 1500 LARAMIE 4X4 8-SPEED

Reg: $55,699 Discount: $16,709
CLEAROUT: $38,990
OWN ME $228 B/W

#5060

NEW 2013 RAM 1500 QUAD SLT 4X4

Reg: $47,344 Discount: $16,354
CLEAROUT: $30,990
OWN ME $181 B/W

#7853

NEW 2013 RAM 2500 POWERWAGON CREW 4X4

Reg: $61,424 Discount: $16,434
CLEAROUT: $45,990
OWN ME $269 B/W

#8733

NEW 2013 RAM 2500 CREW 4X4 SXT

Reg: $50,189 Discount: $14,199
CLEAROUT: $35,990
OWN ME $210 B/W

#9671

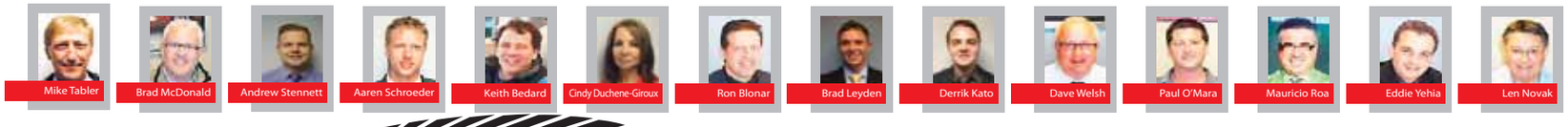
NEW 2013 RAM 3500 CREW 4X4 SXT

Reg: $52,314 Discount: $15,324
CLEAROUT: $36,990
OWN ME $216 B/W

#8010

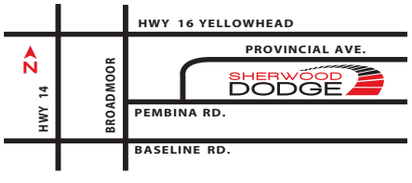
NEW RAM 3500 LARAMIE MEGACAB CUMMINS 4X4

Reg: $75,429 Discount: $17,439
CLEAROUT: $57,990
OWN ME $339 B/W



SHERWOOD DODGE
CHRYSLER JEEP RAM MOPAR

VISIT OUR ENTIRE INVENTORY AT SHERWOODDODGE.CA



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